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Selected food sources of vitamin D

Food	International units per serving
Cod liver oil, 1 tablespoon (15 mL)	1360
Salmon (sockeye), cooked, 3 ounces (85 g)	794
Mushrooms that have been exposed to ultraviolet light to increase vitamin D, 3 ounces (85 g) (not yet commonly available)	400
Mackerel, cooked, 3 ounces (85 g)	388
Tuna fish, canned in water, drained, 3 ounces (85 g)	154
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 8 ounces (240 mL)	115 to 124
Orange juice fortified with vitamin D, 8 ounces (240 mL) (check product labels, as amount of added vitamin D varies)	100
Yogurt, fortified with 20 percent of the DV for vitamin D, 6 ounces (180 mL) (more heavily fortified yogurts provide more of the DV)	80
Margarine, fortified, 1 tablespoon (15 g)	60
Sardines, canned in oil, drained, 2 sardines	46
Liver, beef, cooked, 3.5 ounces (100 g)	46
Ready-to-eat cereal, fortified with 10 percent of the DV for vitamin D, 6 to 8 ounces (227 g) (more heavily fortified cereals might provide more of the DV)	40
Egg, 1 whole (vitamin D is found in yolk)	25
Cheese, Swiss, 1 ounce (29 g)	6

In the United States, reference values are listed on food labels as a percentage of DVs (%DV), based on a 2000 calorie daily energy intake.

DV: daily value; %: percent.

US Department of Agriculture, Agricultural Research Service. USDA Nutrient Database for Standard Reference, Release 22, 2009.

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